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U. S. DEPARTMENT OF AGRICULTURE

# SERVING MANY

Combining INDUSTRIAL NUTRITION SERVICE

Food news for individuals and groups promoting nutrition education, and for food service managers in industrial plants, restaurants, hospitals and hotels.

Washington 25, D.C.

No. 14

AUGUST 1946



THIS MONTH IT'S  
**PEACHES!**

# ATTENTION!

## PLANT MANAGERS AND FOOD SERVICE MANAGERS

The United States Department of Agriculture has streamlined its industrial feeding program in line with peacetime economy. In the future a technical staff will be maintained in Washington rather than in the field. It will continue to give advisory service, upon request, on the following technical problems:

Facilities and Equipment: Assistance is available in the selection and planning of new feeding facilities or expansion of existing facilities. Standard plans for different types and sizes of facilities, equipment lists, and planning guides are also available.

Food Service Management: Assistance is available on current food problems, conservation of scarce foods and best use of abundant foods. Recommendations will be given for in-service training of employees, menu planning and quantity recipes, financial records and cost control, efficient management, and sanitary standards and practices. Publications covering these phases of operation are available.

Food Selection: Assistance is available in planning food selection programs among workers to popularize the food service and to encourage better eating habits. Posters, table tent cards, and take-home literature are available.

The staff of Industrial Feeding Specialists will help you with any food service problems. Send your request by letter outlining your problem in detail. Our staff will analyze your problem, make recommendations, and send helpful material. Address your request to

UNITED STATES DEPARTMENT OF AGRICULTURE  
Production and Marketing Administration  
Food Distribution Programs Branch  
Washington 25, D. C.

August  
1946

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# Industrial Nutrition

For Editors  
of Plant Publications

## Warm weather diets



To a lot of Americans, the month of August is synonymous with vacation. It has long been the favorite time of the year for "getting away from it all" and taking to the seashore, the mountains, the lakeside or whatever other haunts the fancy decreed for interludes of leisure, recreation and relaxation.

But August is also a month of soaring temperatures which tend to wilt not only our spirits but our appetites as well. Mashed potatoes, gravy and meat balls lose their special attractions during this torrid spell and yield to fruit and vegetable salads, cold cuts and iced beverages. Despite the many wartime hangovers that are still with us, these hot weather foods are in abundant supply and no American's dinner table need go without them.

# HIGHLIGHTS

The folks across the seas are not so lucky. Millions there are still hungry, and to them August is just another period of waiting for better times to come. We in America must continue to help them until world conditions improve. We must continue to be thrifty with wheat and wheat products, to save fats and oils, and to reduce food waste.

### the foods to eat

We can, fortunately, continue our fight against famine, and still eat as much every day as we really need for good health and efficiency. It's just a matter of eating the Basic 7 foods that are plentiful in summertime. Simply select well-balanced menus from foods freely available in the plant cafeteria, at the grocery, or in the garden.

Eat more garden vegetables in place of the scarcer canned products.

Eat orchard fresh fruits for dessert and in salads instead of foods needed for shipment to hunger-ridden lands. Nothing is more tempting to jaded summer appetites than luscious fresh peaches. You'll find peach desserts and salads at the cafeteria. Choose them often and use them liberally at home. This year's crop is the second largest on record, so can and preserve some for a special treat next winter.

Eat poultry, fresh fish, cheese, and eggs several times a week in place of less plentiful meats.

For free, dependable, directions on home food preservation methods, consult your local nutrition committee, home demonstration agent, or your State agricultural college. The following bulletins are available free upon request

from the Office of Information, U. S. Department of Agriculture, Washington 25, D. C.:

Home Canning of Fruits and Vegetables — AWI-93

Home Freezing of Fruits and Vegetables — AIS-48

Oven Drying — AWI-59

Home-made jellies, jams, and preserves — Farmers' Bulletin 1800

Pickle and Relish Recipes — AWI-103

## keep fighting famine!

The fight against world famine goes on. Workers, homemakers, and their children can help by observing the following food conservation pointers:

Be thrifty with wheat products. Use abundant potatoes liberally, but conserve scarce bread, rice, and other wheat products.

Save fats, sugar, and wheat. Substitute plentiful summer fruits and melons for cakes, cookies, and pies to save fats, sugar, and wheat flour.

Eliminate food waste. Waste not a single crumb of bread or a teaspoonful of fat, for hungry peoples of other lands need them for life itself.

Attack hunger with your hoe. Cultivate your victory garden and gather your crops at their prime. Share, can, and freeze extra foods which the family cannot eat fresh.

Plant late crops for fall harvest. Many hardy vegetables may be planted as late as August for harvest in the early fall. Among these vegetables are: lima beans, snap beans, beets, broccoli, cabbage, Swiss chard, and turnips.

Eat oatmeal, corn, and rye breads and cereals more often than you do wheat products or rice which are needed for famine relief.

## TAKE HOME IDEAS

When the mercury climbs toward 100 degrees and the family's appetite lags try serving crisp cold salads and cold platters at dinner time. Remember that a hot soup, or a hot beverage, or a hot vegetable often make cold main course

dishes more appetizing. Although hot food has not been proved to be more nutritious, it is relaxing, so the old rule of "at least one hot food" is a good one to follow in menu planning.

Fruit salads are colorful, pleasingly acid, and round out any meal. Try some of these salad combinations:

Peach halves filled with diced pineapple. Garnish with a few blackberries, with cottage or cream cheese.

Orange segments with stuffed prunes. Use cream cheese or creamed cottage cheese for stuffing steamed and pitted prunes.

Orange segments, peeled pear sections, and seedless green grapes.

Orange sections and fresh peach halves filled with fresh berries.

Cantaloup and honeydew melon slices with watermelon fingers. Garnish with a wedge of lime or lemon.

## SERVE VEGETABLE SALADS

Use the garden vegetables while they are fresh, sweet, and tender in crisp, cold, salads. Combine, for instance:

Diced cucumbers, tomato wedges, and shredded green cabbage. Garnish with celery stuffed with a mixture of cream cheese and Roquefort cheese.

Cook and chill fresh lima beans and yellow bantam corn. Combine the lima beans and corn kernels with diced celery and chopped green pepper. Marinate with French dressing in which there is a "whiff" of garlic.

Slice young cucumbers thin with the rind on. Combine with sliced radishes, green onions, and shredded lettuce.

Shredded cabbage, shredded carrots topped with salted peanuts. Use boiled dressing.

Whole peeled tomatoes partly scooped out and filled with diced tomato, cubed cucumber, and chopped green pepper. Garnish with watercress or parsley. Use a spicy French dressing.

## serve main dish salads

Protein-rich salads may be used as alternates to meat. Try some of these combinations:

Flaked cooked fish, diced celery, diced cucumber on curly endive.

Whole ripe tomato cut into petal shape and filled with a large spoonful of cottage cheese. Add some chopped chives to the cottage cheese. Garnish with watercress, endive, or parsley.

Stuffed eggs flavored with anchovies and sliced tomatoes on leaf lettuce. Garnish with crisp carrot sticks or celery hearts.

Cubed turkey or chicken, diced celery, and fresh or canned pineapple. Marinate with boiled dressing. Garnish with green pepper rings and ripe olives.

Fresh whole shrimp on sliced tomatoes on a bed of shredded lettuce.

## cook to save

Plan your menus with what you have and give your imagination exercise.

Buy only as much food as you need. Abhor hoarders, including yourself if you are tempted.

Prepare only the amounts of food you know will be eaten.

Save on scarce foods, for example:

Make salad dressings with less oil or substitute nonfat dressings.

Use drippings for cooking and seasoning. Take used fat to your butcher.

Like Jack and Mrs. Spratt, take pride in licking the platter clean. If you do have leftovers, use them promptly.

## can to save

Home food preservation this year more than ever is a "must" for all homemakers. With demands for food as great as they are not, home preserved foods are the best "food insurance" for this winter's family larder.

## HEALTH NOTES

### Vitamin C and A Abundant in Summer Foods

Flavor, beauty, and zest are associated with fresh fruit salads. Oranges, grapefruit, lemons, limes, and strawberries are excellent sources of vitamin C (ascorbic acid). The English called this vitamin the "fitness vitamin" during the war, because it is necessary to healthy bones, teeth, gums, capillaries, and tissues.

Peaches, apricots, and cantaloups also supply goodly amounts of vitamin C, and liberal amounts of vitamin A to the diet.

## Backs Anti-Famine Drive

Eitel-McCullough, Inc., San Bruno, California, is supporting the Famine Emergency Campaign in a big way. A recent copy of "Eimac News" featured pictures of the results of a campaign to prevent food waste. Great savings were made in bread waste after the employees were asked to limit themselves to one slice of bread each meal.



# FOOD SERVICE

## News

For Food Service Operators  
and Dietitians

### This month it's PEACHES



This year's peach crop is estimated at over 81 million bushels, the second largest on record. Food Service Managers can cooperate with the Famine Emergency Campaign by using peaches liberally during August and September while they are plentiful. Furthermore, fresh peaches for dessert will conserve scarce fat and wheat products.

Delicious flavor is reason enough for serving peaches. At the peak of ripeness they are a fair source of vitamin C. Yellow-fleshed peaches are a good source of vitamin A.

### peach preparation pointers

Store ripe peaches in a cool place until used. If there is room, spread them out to avoid bruising. Peaches that are a little green should ripen at room temperature.

1. For easy peeling, dip peaches in boiling water a minute or two, then quickly into cold water. Skins will slip easily.

2. To keep peaches from turning dark, sprinkle the cut fruit with a little lemon juice or pineapple juice.

3. A pinch of salt brings out flavor in cooked fruit.

4. Serve cooked peaches hot to enjoy the fullest flavor and sweetness.

5. Try a dash of spice or cinnamon, or a few clove buds in stewed peaches.

### peaches in salads, desserts

Peaches are hard to beat when eaten in the simplest ways...out of hand, sliced with cream or top milk, served as fruit cup, or combined with other fruit. For example, sliced peaches and raspberries or blackberries are a combination that pleases both the palate and the eye.

Use chilled peaches in refreshing salads...halved peaches nesting in crisp lettuce, sometimes filled with cottage cheese, cream cheese, or chopped fruit.

When serving fruit salads be fat-thrifty. Any leftover, mild-flavored drippings may be used in cooked dressing or cream that has soured can be turned to account. Sour cream dressing is especially good with fruit salads.

If peach shortcake is made with biscuit dough, use half a biscuit to a serving to conserve flour, instead of building a double-decker dessert. Shortcake made with sponge cake has the advantage of using no fat and very little wheat flour. Go light on sugar. Try a little honey, sirup, or other sweetening.

## Salads in August

August menus should be planned to perk up workers' lagging appetites and to lift their wilted spirits.

Substantial nutritional values can be retained in summertime meals by using protein-rich foods, garden fresh vegetables, and summer fruits in salad plates and cold platters. Cold cuts, sliced cheeses, cottage cheese and deviled eggs are readily available, and make for attractive and delicious salad plates. The special lunch menus for August suggest several cold plates and salad combinations that will please heat-weary workers.

Remember that salad materials must be fresh and crisp to taste good and to yield health-giving vitamins and minerals. Keep fresh fruits, vegetables, and prepared salad materials refrigerated at all times. Salad dressings should be chilled continuously. Egg dressings may be a source of staphylococcus infection and other forms of food poisoning unless it is made frequently and kept cold at all times.

### vary the salad greens

Head lettuce is crisp and good to eat, but many other salad greens are more colorful and much richer in vitamin A. Leaf lettuce is a good underlining for chopped salads. Curly endive and Romaine are colorful and add flavor and texture contrast to tossed salads. Watercress has a peppery flavor and a delicate green leaf that makes an attractive nest or garnish for almost any fruit, vegetable, or meat salad. Tossed green salads are enhanced in color and mineral values by the addition of tender green spinach leaves or mustard greens or the cut young leaves of Swiss chard. Shredded outer green leaves of cabbage, when tender, are an attractive addition to cole slaw. Small new leaves of broccoli and cauliflower may be shredded and added to cole slaw too.

A good salad is not only cold, crisp, and well-seasoned, but good to look upon, too. So don't forget the eye appeal.

## Save vegetables, vitamins

Industrial food service managers may conserve fresh vegetables and food value by the proper preparation and storage of salad materials. When these are saved, food costs are lowered. Some ways of saving salad nutrients and costs are:

1. Buy first quality salad greens and other vegetables. Be sure that they are fresh and clean.
2. Hold salad vegetables in the refrigerator at about 40° to 45° F. until they are issued to the salad room.
3. Caution the salad workers to trim off blemished leaves but to save all edible parts.
4. Store prepared materials in the salad refrigerator until serving time.
5. Save unblemished outer leaves of lettuce, Romaine and cabbage, larger leaves of broccoli, and tender inner green leaves from heads of cauliflower. These leaves "weigh heavy" and cost as much per pound as the choicer inside parts. Break or shred these green leaves for use in tossed salads or in sandwich fillings.
6. Dress salad greens as you serve them. This practice will prevent wilted salads and loss of Vitamin C.
7. Use leftover cooked vegetables such as green peas, lima beans, snap beans, and carrots in salads for the next meal. Marinate the cooked vegetables with spicy French dressing. Just before serving add crisp raw vegetables like chopped chives, chopped scallions, minced green peppers, diced celery, and shredded raw cabbage.
8. Serve raw vegetable plates made from colorful assortments of crisp cucumber fingers, carrot strips or curls, celery hearts, radishes, scallions, cauliflower, green pepper strips or rings, green or red cabbage sections, turnip slices, or ripe tomato wedges. A relish cup of chili salad dressing in which the vegetables may be "dunked" is a tempting accompaniment to the raw vegetables.

# MENUS

## for Special Lunches

These menus suggest ways of using foods in plentiful supply and are planned to conserve foods needed in the Famine Emergency Program. Abundant foods in national supply are indicated by asterisks. Foot notes tell where the recipe of the dish may be found.

### Corned beef hash 1/

Summer squash  
Garden salad with French dressing  
Bran muffins 2/  
Butter or fortified margarine  
Watermelon  
Milk

### Potato\* and onion\* soup 3/

Cold plate:  
Deviled egg salad  
Fresh peach\* and  
cottage cheese salad  
Sandwich triangles  
(peanut butter and  
grated carrot)  
Chocolate blanc mange  
Beverage

### Country fried chicken with gravy

Golden bantam corn  
Sliced tomatoes  
Potato\* rolls 4/  
Butter or fortified margarine  
Raspberries  
Milk

### Hot dog in bun with grated carrot and pickle relish

Hot potato\* salad  
Creamed cabbage  
Baked fresh peaches\*  
Milk

Baked salmon with herb sauce 5/  
Creamed potatoes\*  
Snap beans  
Celery  
Whole-wheat bread with butter or  
fortified margarine  
Lemon\* milk sherbet  
Beverage



Roast veal with dressing  
Mashed potatoes\* with gravy  
Harvard beets  
Enriched bread with butter or  
fortified margarine  
Chilled cantaloup  
Milk

Sliced tongue with horseradish  
sauce  
Scalloped potatoes\*  
Spinach with lemon Slice\*  
Raw carrot strips  
Peach\* ice cream  
Beverage

### Turkey Pie 6/

Succotash  
Philadelphia relish 7/  
Enriched roll with butter or  
fortified margarine  
Stewed fresh peaches\*  
Milk

### Chilled citrus juice

Cold plate:  
Meat and celery salad  
on lettuce (use cooked  
veal or turkey\*)  
Boiled dressing 8/

Leaf lettuce, spinach  
and carrot salad  
Chiffonade French dressing 8/  
Fresh pear and grated cheese  
salad  
Graham muffins with butter or  
fortified margarine  
Beverage  
Peaches\* and cream



Pan fried perch or lake trout with  
lemon\* wedge  
Au gratin potatoes\*  
Steamed carrot strips  
Hot cornbread 9/  
Butter or fortified margarine  
Fresh peach\* cobbler  
Beverage

Cheese omelet with grape jelly  
Baked potato\*  
Tossed green salad  
Rye bread with butter or fortified  
margarine  
Caramel bread pudding 10/  
Beverage

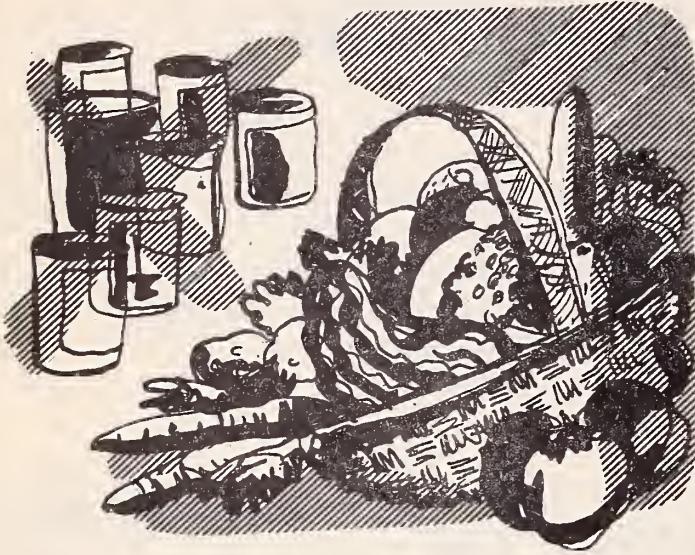
Scalloped ham and potatoes\* 11/  
Snap beans  
Cole slaw  
Oatmeal muffins 12/  
Butter or fortified margarine  
Peaches\* a' la mode  
Milk

Vegetable soup  
Cold plate:  
Assorted cold cuts  
Potato\* salad  
Melon salad with lemon

dressing 13/  
Rye bread with butter or  
fortified margarine  
Molasses cup cake  
Milk  
  
Meat sauce over toasted hamburger  
bun 14/  
Corn-on-the-cob  
Cucumber and onion slices  
with vinegar dressing  
Peach Ice Cream  
Beverage  
  
Baked fish cakes with lemon\* sauce  
Parsley potatoes\*  
Carrot and cabbage salad  
Whole-wheat biscuit with butter  
or fortified margarine  
Raspberry Sherbet  
Beverage  
  
1/ See "Making the Most of Meats in Industrial Feeding".  
2/ See "Saving Sugar in Industrial Feeding".  
3/ See recipe in July 1946 "Serving Many".  
4/ See recipe in July 1946 "Serving Many".  
5/ See recipe for Baked fish with herb sauce in "Making the Most of Meats in Industrial Feeding".  
6/ See recipe in "Making the Most of Meats in Industrial Feeding".  
7/ See recipe in September 1945 "Serving Many".  
8/ See recipes in May-June "Serving Many".  
9/ See recipe in April "Serving Many".  
10/ See April issue of "Serving Many".  
11/ See "Making the Most of Meats in Industrial Feeding".  
12/ See recipe attached.  
13/ See recipe attached.  
14/ Use recipe for meat sauce in Spaghetti with meat sauce in "Making the Most of Meats in Industrial Feeding".

Send today for your free copies of  
Making the Most of Meats in Industrial Feeding  
Saving Sugar in Industrial Feeding

# RECIPES



## Flaked Fish Salad

Ingredients	Amt. for 100 Por.	Amt. for 500 Por.
Flaked, cooked fish	15 Lbs.	75 Lbs.
Green peppers, minced	8 ozs.	2½ Lbs.
Sweet cucumber relish	1 Pt.	1¼ Qts.
French dressing	1 Cup	1 Qt.
Salt	2 Ozs.	10 Ozs.
Paprika	2 Tbsp.	1 Oz.
Celery, diced	8 Lbs.	40 Lbs.
Boiled salad dressing	1½ Qts.	7 Qts.
Size of portion - 4 ounces (½ Cup)		

### Method:

1. Remove skin and bones from fish and flake it.
2. Combine the green peppers and sweet relish with the flaked fish.
3. Add the salt and paprika to the French dressing. Marinate the salad and allow to chill for one hour.
4. Combine the celery and boiled dressing with the salad. Serve on endive, Romaine, or head lettuce.

## Chicken or Turkey\* Salad

Ingredients	Amt. for 100 por.	Amt. for 500 por.
Chicken or turkey, dressed weight	35 lbs.	175 lbs.
Eggs, hard-cooked	24	120
Celery, diced	8 lbs.	40 lbs.
Sweet cucumber pickles, chopped	8 ozs.	2 lbs.
Salt	2 ozs.	10 ozs.
Pepper, white	2 tsp.	3tbsp.
French dressing	1 cup	1 qt.
Salad dressing, boiled	3 pts.	7 qts.
Size of portion - 4 ounces.		

### Method:

1. Draw, singe, and wash the fowl. Steam until tender. Cool in the broth. Save the broth for soup or sauces.
2. Remove the bones and skin and cut the chicken in  $\frac{1}{2}$ -inch cubes.
3. Shell the hard-cooked eggs and chop coarsely.
4. Add the salt and pepper to the French dressing.
5. Combine the cubed chicken, chopped pickles, and French dressing. Chill.
6. Add the celery and boiled dressing just before serving.

## Cottage Cheese Salad

Ingredients	Amt. for 100 por.	Amt. for 500 por.
Cottage cheese	12 lbs.	60 lbs.
Tomatoes, sliced	6 lbs.	30 lbs.
Green peppers, chopped	$\frac{1}{2}$ lb.	2 lbs.
Celery, Diced	22 lbs.	10 lbs.
Cucumbers, sliced	3 lbs.	15 lbs.
Salad dressing, boiled	1½ lbs.	7 qts.
Leaf lettuce	100 lvs.	500 lvs.
Size of portion - 4 ounces.		

### Method:

1. Combine the celery and chopped green pepper with the cottage cheese. A small amount of chopped chives or scallions may be added, if desired.
2. Arrange slices of tomato and cucumber on leaf lettuce and top with a No. 12 dipper of cottage cheese.
3. Garnish the salad with a tablespoonful of boiled dressing.

Lemon Fruit Salad Dressing

Ingredients	Amt. for 100 por.	Amt. for 500 por.
Red jelly — currant, raspberry, or grape	2 cups	2½ qts.
Lemon juice	2 cups	2½ qts.
Salad oil	1 pt.	2½ qts.
Salt	1 oz.	5 ozs.
Paprika	1 tbsp.	1 oz.
Honey or corn sirup	1 cup	1½ qts.

Size of portion - 1 tablespoon.

Method:

1. Beat jelly until smooth.
2. Add remaining ingredients and mix slowly until well blended.
3. Chill and serve with fruit salads.

Oatmeal Muffins

Ingredients	Amt. for 100 por.	Amt. for 500 por.
Rolled oats	4½ lbs.	22 lbs.
General purpose flour	2½ lbs.	12 lbs.
Baking powder	5 ozs.	1½ lbs.
Salt	1 oz.	5 ozs.
Eggs	10	48
Molasses	1 cup	1½ qts.
Melted fat	1 cup	1½ qts.
Milk	4½ qts.	5 gal.

Size of portion - one 2-oz. muffin.

1. Scald milk and pour over the rolled oats. Let stand  $\frac{1}{2}$ -hour.
2. Beat the eggs, add the molasses and melted fat, and combine with the oatmeal.
3. Sift the flour, baking powder, and salt twice.
4. Add flour, in portions, to the oatmeal mixture, beating enough to combine the dry ingredients with the moist ones.
5. Dip with No. 20 dipper into greased muffin tins, filling them one-half full.
6. Bake for 20 minutes in 400° F. oven.

Hot Potato\* Salad

Ingredients	Amounts for	
	100 por.	500 por.
Potatoes, steamed	20 lbs.	100 lbs.
Celery, diced	2 lbs.	10 lbs.
Onions, chopped	2 lbs.	10 lbs.
Parsley, minced	2 ozs.	8 ozs.
Bacon, cut fine	2 lbs.	10 lbs.
Salt	2 ozs.	10 ozs.
Pepper, black	1 tsp.	1½ tbsp.
Vinegar	2 cups	2½ qts.
Water	1½ cups	2 qts.
Coffee cream, sweet or sour	1 qt.	5 qts.

Size of portion - 4 oz. ( $\frac{1}{2}$  cup)Method:

1. Steam the potatoes in skins and peel and dice while warm.
2. Mix the prepared vegetables with the potatoes.
3. Fry the bacon until crisp.
4. Add the salt, pepper and diluted vinegar to the bacon and drippings and pour over the vegetables. Let stand 30 minutes to season.
5. Add cream and toss salad until well blended. Serve warm.

Cabbage\*, Carrot, and Raisin Salad

Ingredients	Amounts for	
	100 por.	500 por.
Raw cabbage, shredded	10 lbs.	50 lbs.
Raw carrots, chopped	10 lbs.	50 lbs.
Seedless raisins	8 lbs.	40 lbs.
Salad dressing	2 qts.	2½ gals
Head lettuce cups	8 heads	40 heads

Size of portion -  $\frac{1}{2}$  cupfulMethod:

1. Clean and shred the cabbage.
2. Wash, pare, and chop the carrots.
3. Plump the raisins in the steamer and then cool them.
4. Combine the prepared vegetables, raisins, and salad dressing. Add salt to taste.
5. Serve in lettuce cups.

# **RULES**

## **FOR PREPARING SALADS !**

1. Use sound fresh fruits and vegetables for salad making. Choose fruits at their prime ripeness for fine flavor and color.
2. Begin preparation as near serving time as possible.
3. Have good tools, such as a clean vegetable brush, sharp knives, and special cutting boards.
4. Wash salad materials with special care since they are eaten raw.
5. Freshen vegetables in very cold water, only until crisp. Do not place sliced or diced vegetables in water. Drain vegetables well before using them.
6. Chop or cut salad materials into pieces of uniform size and take care in cutting and chopping vegetables not to crush them.
7. Handle prepared salad materials gently. Toss mixed salads together lightly.
8. Arrange the salads neatly on chilled plates, using an assembly-line method for speed.
9. Add salad dressings to salads just before serving them since dressings tend to wilt the vegetables.
10. Keep salad materials and finished salads refrigerated at all times except during actual handling.

Post these Rules in the Salad Section